



## HEALTH FACTS

Get Moving! Get Healthy!

### Benefits of Walking

- Walking helps control weight, blood sugar and cholesterol levels.
- A brisk walk burns up to 265 calories an hour\*.
- Walking improves cardiovascular fitness. Walking causes the heart to beat faster, transporting oxygen-rich blood from the lungs to the muscles.
- The heart and lungs grow more efficient with a regular walking regimen, reducing blood pressure and resting heart rate.
- Psychologically, walking generates an overall feeling of well-being and can relieve depression, anxiety and stress. A brisk walk will relax you and stimulate your thinking.

### Benefits of Rollerblading

- Rollerblading at a steady rate expends 187 calories per 30 minutes and produces a heart rate of 148 beats per minute\*.
- Rollerblading builds hip and thigh muscles, develops hamstring muscles and improves muscle tone in the entire upper leg, hips and lower back. Muscles in the upper arms are also developed when arms are swung vigorously while skating.

### Benefits of Biking

- Biking expends 136 calories per 30 minutes and increases heart rate to 148 beats per minute\*.
- Biking can help prevent high blood pressure and even decrease blood pressure that is above normal levels.
- Biking supports your body weight so it is less stressful on joints than running.

### General Benefits of Daily Physical Activity

- Reduces the risk of heart disease by improving blood circulation
- Keeps weight under control
- Prevents bone loss
- Boosts energy levels
- Helps manage stress and improves self-image
- Releases tension
- Improves the ability to fall asleep quickly and sleep well
- Counters anxiety and depression and increases enthusiasm and optimism
- Increases muscle strength, increasing the ability to do other physical activities

Sources: American Heart Association and [www.webmd.com](http://www.webmd.com)

\*based upon the weight of a 100 pound individual

